100

DIAMOND QUOTES



By

AiR

Atman in Ravi

Each Quote more valuable than a Diamond

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Preface

You are not just holding a book in your hands. You have with you a priceless treasure of diamonds. To be precise, a 100 Diamond Quotes - each more valuable than any jewel or gem.

Life is a journey from birth to death. Nothing belongs to us. Ultimately, we will leave everything behind. Our challenge is to live with peace, joy, and bliss. These quotes promise you this wealth.

Keep this book with you. Let it be your best friend, your mentor, your guide. Let this little treasure brighten your path as it leads you to the ultimate goal of Enlightenment. Flip through the 100 quotes in the contents and bookmark your favorite ones. They are sure to Touch, Trigger and Transform your life.

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If there is Garbage in your Mind, and it's full of junk, it's time to tame your 'Monkey Mind' and make it into a Monk!

How often do you find that your mind has rotten thoughts? Aren't there times when you feel you need a 'mental shampoo'? Why do we feel this anxiety, stress and worry? It is because of our mind. It produces both positive and negative thoughts. But more often than not, if we don't consciously feed it with positive emotions, the mind becomes like a garbage can. It stinks! The cause of garbage in our mind is because of the nature of the mind itself. The mind is like a monkey! It jumps to the past creating regrets and then jumps to the future, causing fear. This constant shuttling of the mind creates toxic thoughts. We must learn to quieten the mind, to make it live in silence in the 'now'. We must make our 'monkey' mind into a monk.

Just like there can be
no smoke without fire,
there can be
no misery without Desire.

What is the cause of misery? Why do we get so disappointed and upset? If we reflect, every time we desire or crave for something and it is not fulfilled, we become unhappy. Most of us realize that craving causes misery, but isn't it ironical that we continue to crave? In the beginning, we are peaceful. Then our desires create ripples and we think we are enjoying this excitement. Eventually, when the desires are not fulfilled, we cry. All desires can never be fulfilled and therefore, if we want to overcome misery, we must overcome desire. Those who live dispassionately, with detachment, overcoming desires are the ones who transcend suffering and move forward blissfully.

Love says... I love you
because I need you.
True Love says...I need you
because I love you.

What is the difference between love and True Love? Ordinarily and usually, love is transactional. It is need-based. Thus, we say, 'I love you' because we need somebody. When there is Divine Love, then it is true unconditional love that truly seeks the one we love. Unfortunately, the world has not understood the real meaning of True Love. We have not understood that True Love is Divine. It comes from the Soul. When we experience love for one and all, it is only then that we experience True Love. Due to ignorance, we love an individual, and think it is True Love, when in reality, it is not. The moment we realize Soulful Love, our life becomes a paradise.

As long as I Do Not Realize WHO I AM NOT, I will Never Realize WHO I AM.

We human beings think we know who we are. We say, 'I am Robert,' but Robert is just our name. We were not born as Robert. One day Robert will die, and the body will return to dust. But the 'ME' - the Mind and Ego that was alive inside Robert's body, will either take rebirth or attain liberation from the cycle of death and rebirth depending on its Karmic balance. That is why at death we say somebody 'departed' or 'moved on'. The first step, therefore, is to realize we are not the body. The second step is to realize we are not even the mind. Then who are we? We are the Divine Soul. However, we will never realize who we truly are, unless we first realize who we are not.

Life is a journey...
like a river we must flow.
From the Divine we come...
Into the Divine we will go.

Life is a journey, not a destination. Because we think of it as a destination, we are constantly setting goals and creating pressure and stress for ourselves. We make success a priority. Alas, we lose life itself! If we stop and reflect, we will realize that we start as a tiny zygote with nothing belonging to us. And in the end, we leave everything behind! Life is just an experience on earth. It is a journey, but because our focus is on the destination, we forget to enjoy the journey. Let us learn to live life moment by moment, being conscious of our Divine self, enjoying eternal peace and everlasting joy, until in the end, like a river, we empty into the Divine ocean. Our goal is to realize that we are the Soul and unite with the Divine.

All Successful people
are not Happy,
but all Happy people
are Successful.

All through Life, we have been taught to be successful. Why? Because we believe that success is happiness. While we human beings instinctively want to be happy, we don’t realize what true happiness is. We think that happiness is pleasure that comes from achievement. Therefore, we pursue success. But if we stop to look around, we will be surprised to find that there are many people who are far happier living a life of contentment and fulfillment, than those who are zooming down the highway of achievement. If money was the cause for us to be glad, then the rich and famous should be happy, not sad!

First, we must Experience God
in everything Beautiful.
Then, we will see Everything
Beautiful as God.

Are you seeking God? Then realize that everything beautiful is Divine. A beautiful butterfly loses its beauty when the life inside it departs. So does a human being. The body decomposes when the Soul or the Divine leaves us at death. The truth that beauty is Divinity stares at us in our face. It is the Divine that causes all the beauty around us. The moment we realize the Divine presence in everything beautiful, we achieve the state of God-realization, a state where we see everything beautiful as a manifestation of the Divine. Then, we enjoy a state of bliss and joy, as we become conscious of God's Divine presence all the time, in us and in everything beautiful around us.

Happiness is a Choice!
You cannot Choose what happens,
but you can Choose your Reaction to it
and be Happy!

Can we control whatever is happening around us? We can't! But we are very much in control of the way we react to whatever is happening. There are people who have everything, but are unhappy, just as there are people who have practically nothing, but are very happy. Happiness is a choice. We must choose to be happy. We must overcome the myth that happiness lies in products, people and places. Happiness is a state of *being* and we have the privilege to choose to *be* happy, no matter what! 'Although the skies are cloudy and grey, I can choose to be happy today, no matter what comes my way!' Resolve to be Happy. Make that choice and experience joy and bliss!

A life without meaning
is equal to Death.
It's like lying in your grave
except that you still have Breath.

Most of us, unfortunately, don't discover the true meaning of life. We think we live, but in reality, we just exist. Then one day, we die. Once we are dead, our life is over. We have no breath. We cannot discover the meaning and purpose of life after we die. Today, we are alive. We must make the best use of every breath before we are dead. Life has a purpose, there is meaning to life. Most people think that the goal of life is Happiness. Of course, we all want to be happy. But why are we born? Why are we given this human intellect? The gift of human life has been given to us so that we can go on a quest, use our intellect and realize the true meaning of life.

A tree shouldn't be so busy
creating branches and fruits,
that it forgets its roots!

We human beings are busy all the time. We are so busy, that it seems we are not ‘human beings’, but rather 'human doings'. Our greed overtakes our need. We want more and more, and we are never satisfied with what we have. This desire keeps us so preoccupied, that we forget to discover our life purpose. Should we not stop and discover who we truly are and why we are here? Should we just live and die like that tree which continues to shoot and to fruit, but doesn't realize the truth about its roots? Why are we human beings given the power to reason, not just to think, but to discriminate and to choose? When will we stop, go within and realize the truth?

Fear is like a fierce bulldog with no teeth.

Of course, we must fear a fierce bulldog that is chasing us to bite us. But what if we were scared of a bulldog with no teeth? Most fears can't bite us! But we develop phobias which make us live with fear. We must realize the difference between a fear and danger. FEAR is only a False Expectation that Appears to be Real. It is not a real danger. We must learn to live with courage and face our fears, realizing that most of our fears are not real dangers. We should not imagine or overthink and make our fears more dangerous than they are! We must learn to put our fears in proper perspective. Fear makes the wolf bigger than it is!

A Wave will always remain a Wave unless it Realizes it is the Ocean!

We live as individuals with a body-mind-Soul complex. The ego reigns supreme and we say, 'This is my house, my car.' We are lost in ignorance and we are attached to people. We say, 'My wife, my parents and my kids.' Little do we realize the truth about life. The ME in us, our Mind and Ego, imprisons us in darkness. We need to be enlightened with the truth. We need to go on a quest to discover who we truly are. A few of us, those who are committed to finding the truth, will be fortunate to reach that state known as self-realization, a state where we too will realize that just as the wave is not a wave but a part of the ocean, we too come from the Divine and go back to the Divine.

God is beyond Gender,
God is not He or She.
God is the Supreme Power
that lives in you and me!

We talk of Gods and Goddesses but we remain ignorant of the truth. While we don't know who God is, where God is and what God is, we know God is. What we don't know is that God is a Power. The Japanese think that God looks like a Japanese, just as Africans think that God looks like an African. What we don't realize is that God is not made of bone and skin. God is the Power that lives within. Unfortunately, because we grow up blindly believing in our religion, we don’t ask questions and investigate. We remain in kindergarten all through our life and we don't graduate in the university of spirituality. All religions are good, but we must go beyond our religion to realize the Divine spirit, the *Atman* or the Soul.

Man has discovered many things.
He has been able to discover planets in outer space and explore the underwater world.
But he has not discovered the Divine within.

Man is busy discovering so many things. He is creating sophisticated laboratories to understand genetics and the composition of our bone and skin. But man has no time to stop and go within. We are more bothered about what lies outside. Unfortunately, we have forgotten to contemplate the Divine that is inside. We go in search of God in religious places. But we do not sit quietly and meditate on our true identity. When will we stop this mad chase that has caught us in the maze called life? When will we realize that God is a Power who doesn't live far away somewhere in the skies but rather in the temple of our heart?

Fear makes us blind. We cannot see.
We can't discriminate black from white,
and though the facts stare in our face,
we don't choose what is right.

Fear is our biggest enemy. It blinds us. It destroys our ability to discriminate. We perceive an imaginary fear to be a danger and then we panic. Fear creates hysteria and phobia – an intense irrational fear that grips us as the facts are camouflaged by fear. Then, it creates worry, stress, anxiety and we sink further into misery and suffering. Fear hides the facts and projects an illusory danger. It creates a myth and we drown in it. The moment we overcome fear, we can differentiate black from white. We can discriminate facts and choose what is right. Those who live with fear can't see the truth. Fear makes them so blind that they make choices and decisions that are wrong. Fear can destroy us.

We are embodied creatures...
we are the Soul.
To unite with the Divine
is our ultimate Goal.

Due to ignorance we think we are the body and mind. We don't realize that in reality we are the Divine Soul. The body is like a garment. We wear it. It is constantly changing. The mind is nothing but a bundle of thoughts. That is why we can't find the mind. Our ultimate goal is to realize that we are the Divine Soul. Once we realize this truth, we will escape from the constant suffering, the constant cycle of death and rebirth. Realization will lead us to liberation and ultimately, unification. When the Soul unites with the Divine Cosmic Consciousness, we are liberated from this world forever. As long as we do not realize who we truly are, we will continue to live as the body, the mind and the ego, and suffer.

As long as
we believe the myth,
we can never
Realize the Truth.

What is a myth? It is something that appears to be, but it is not! Let us ponder on a rainbow. We all see the 7 colours that make a rainbow, but can you catch a rainbow? It is just an appearance. It is not real. It is an illusion. It is just like a mirage in the desert. As long as we live a life accepting the myth to be the truth, we will never overcome our ignorance. A very small percentage of humanity is blessed to stop and to ponder on the true meaning of life. Of these fortunate ones, a small percentage of people, a rare few who are persistent and blessed, move forward and realize the truth.

Because we don't know that WE ARE Happiness, we keep seeking it!

Happiness is like a shadow. The more you chase it, the further it goes. Unfortunately, we don't know what happiness is. We think it is a product and we seek it. We think it is a place and we aspire to go to 'destination' happiness. We think it is a person and we try to be with happiness. We don't realize that happiness is a state of *being*. If we want happiness, we must learn *to be* happy. The truth is that we *are* happiness, but because we have forgotten this, we keep seeking it. Happiness is within. We must not search for it outside. We must go within and be happy.

We are nothing!
When will we realize that
the Earth itself is like one grain of sand
on the vast beach of Creation?

Our ego constantly makes us believe that the world revolves around us. It falsely emphasizes our importance in the overall scheme of things. We think we are everything, when in reality, we are nothing. We are just a dot in our city. The city is a dot in our country. The country is a dot in the world. The Earth is a dot in the Milky Way and the Milky Way is a dot in the entire universe. When will we realize that we are not even a speck of a speck of a speck of a speck of creation? When we replace our ego with humility, we will start our journey towards the truth.

Death is not 'The End'; it is a Bend to Transcend.

Most of us think that life is like a journey. At the end of the road called life, there stands death. But this is a myth. Who dies? Only the body dies. Thus, we say, these are the mortal remains of the person and the person 'passed away', 'departed', 'expired' or 'moved on'. Death is not of the person that was alive! Shouldn't we realize then, that death is just the end of one chapter in the book of our existence? If we move on, then where do we go? We carry our Karma, our unsettled actions and we are reborn in another body to experience heaven or hell right here on earth. Our ultimate goal is to transcend this to be enlightened and to be liberated so as to unite with the Divine.

Man is so busy
creating cosmetics for the skin,
that he has not Discovered
what lies Within!

Thousands of brands scream to catch our attention, because we are completely obsessed with beautifying our skin. Wellness therapies around the world motivate us to invest our hard-earned money in our wellbeing. The medical industry has grown to be a multibillion-dollar industry. Have you ever wondered why? Because man is busy thinking that he is made of bone and skin. Man is ignorant about the truth that he is the one that lives within. When will we realize that we are not this body and mind that we seem to be? We are the Divine Soul, the life energy that causes our birth. When it leaves, we experience death and there is no breath. Stop and realize the truth!

Desire is like a fire...
In the end it makes us burst.
And though we achieve what we want,
it will never Quench our thirst.

Man is essentially a greedy animal. Although we fulfil our need, we don't stop. We continue with our greed as we desire and crave for more and more. How much is enough? For a normal human being, enough is never enough. This is because we live in ignorance and don't realize the simple truth that we come with nothing, and when we go, we can take nothing with us. Still, we spend our entire life desiring and seeking, and we crave till we go to our grave. Our thirst only makes us burst with misery and suffering, as we remain ignorant of the truth. We must learn to be dispassionate and detach ourselves from these glittering trinkets that allure us and make us sink into the world.

Do you know who you truly are?
Or are you from the Truth afar?
If the Truth you must find…
First, you must Transcend the Mind!

We think that our mind is king. We think it is everything! This is the most dangerous illusion of our life. Our mind is our biggest enemy. While it is the software of our body, and we cannot do without it, it stops us from realizing the truth of who we are, as it bombards us with about 50,000 thoughts in a day. This makes us sink into regret and fear as we swing to a past that is gone, and a future not yet born. If we want to find out the true meaning of life, we must go on a quest. We must use our intellect which is a distinctly different domain of our subtle body. It is the intellect that controls thoughts of the mind and prevents them from becoming feelings and actions. If we do not live by the intellect, we will be doomed!

Either we can be Conscious of the Now,
or we can be grazing like a cow...
Chewing thoughts one by one,
losing Life till it is done.

Life is all about NOW! It is this moment that is everything. Moments create hours that create days, months and years. If we lose the moment, we lose life itself. Our challenge is to be conscious of the moment and to live in the now. Instead, if we let our thoughts control our life, our life will just pass by. We must be very careful with our thoughts and only live with those thoughts that help us achieve our true purpose of life. Otherwise, we will just exist till we die. We are not meant to live like a cow that grazes through life. We must learn to be conscious of the NOW as we control our mind and find our life's purpose.

Experience God in the Mountains,
then in the Butterflies, Trees and the Seas.
Then slowly you will Realize the Truth,
that God is in You and Me!

We think of God to be a statue or a saint. Thus, we paint a picture of God out of our ignorance. God is a Power that is omnipresent, present everywhere. Because we are so caught in this world, we don't experience God in the Sun that glows, the water that flows and the wind that blows. God appears in all of His creation. Unless we go in quest of God, we will not arrive at what is known as self-realization. This happens when we realize we are not the body or the mind. We are the Divine Soul. When we realize that God lives within, and we are not bone and skin, we are enlightened and liberated from the constant cycle of death and rebirth.

Only one percent of the world is visually blind. 99 percent is spiritually blind.

Once, a blind man was taken to the Taj Mahal. As he stood in front of the monument, he complained, 'Where is the Taj? I can't see it! You all lied to me when you said that you are taking me to one of the wonders of the world.' Sadly, he couldn't see the beauty that was right in front of him. We are lucky that only 1% of the world is visually blind. But it is a tragedy that 99% of the world is spiritually blind. We see people as Indians and Americans, as men and women or as black, brown and white. We see what is outside, but we don't see the Divine that is within. We are spiritually blind because we see everything else, except the spirit, the *Atman*, the Soul that throbs within.

God can't be invented. God can't be found.
God can't be discovered...
in the sky or on the ground.
God will be Realized,
when you open your Real Eyes!

Where is God? Is God made of bone and skin? Does God live up in the stars or on a distant planet? We are ignorant about God because God is beyond human comprehension. We try to search for God in a temple, monastery or a church. But we can't find God! We don't realize that God is everywhere, just like air. Can we find air? Although we breathe in air all the time, we can't find it. We can only become conscious of its presence through inference, as we realize that it is everywhere. The same is true for God. We will realize God only when we open our 'real eyes'. It is then that we will realize the truth about God!

Because the world is in panic,
we react and create hell.
In Fear, like a little tortoise
that goes back into its shell.

What makes a tortoise hide inside its shell? It is both fear and danger. Dangers are real. Fears are imaginary. Today, the world is in panic. There is herd anxiety. Everybody has locked themselves in fear as if a dangerous animal will kill them if they step outside. The world is in panic. We have closed the borders of our countries and the doors of our homes because of fear. Instead of taking precautions, fear has made us panic, and like a tortoise, we are hiding inside our shell and creating hell. Because fear is constantly ringing a bell, we don't realize that all will be well. Let us have the courage to stick our head out and see the facts. Let us not confuse facts with fear. Do the things you fear, and the fear will disappear!

We may think it is a necklace,
a bangle or a ring.
No! It's not –
there is Gold in Everything!

We human beings are ignorant of the truth. We can only see what appears to be. If we remove gold from pieces of gold ornaments, from a ring, a necklace, a bracelet, nothing remains. While they appear to be jewellery, the fact is that they are all pure gold. What does this teach us? Just like there is gold in all the ornaments, there is God in every being. In you, in me, in a butterfly or a tree, in a bird or in a bee, in any animal that we see, there is Divinity. When the Divine Soul - the Spirit, the life force leaves, all these living beings return to dust. We become nothing. The Divine is the cause of our existence. We must realize the truth. Without the Divine, we are nothing.

God is not a statue,
God is not a saint...
God is a Power
that no human being can paint.

Most unfortunately, we human beings pray to a God that is in the form of a statue or one who is a saint. We don't realize that God cannot be made of bone and skin. God is the very life within. God is the Soul, the Power that makes our heart beat. God Power is everywhere – in all the 8 billion people, in the innumerable animals, birds, aquatic creatures and insects. Even plants and trees breathe due to the existence of God. Unfortunately, we human beings do not realize the truth about God. We have been taught that God is an old man with a long white beard, living somewhere up in the clouds or in some mystical, idyllic heaven. We do not realize that this is false. God is beyond human comprehension.

Good or bad, whatever we do...
is recorded by Karma, that is true.
For we see, what goes around comes around.
Our Karma decides what happens on the ground.

Most of us believe in fate, in luck or in serendipity. We don't realize that everything that happens in this world is unfolding as per the Universal Divine Law, popularly known as the Law of Karma. The law states, 'What you give is what you get.' Even the scriptures proclaim, 'As you sow, so shall you reap.' This is the absolute truth. That is why you will never see apples growing on a mango tree. The same law ensures that our actions become the cause of the circumstances that unfold in our life. Actions of today will be the destiny of tomorrow just as our life today is the unfolding of our past Karma, our past actions.

Happiness is not the money
and the fame you get after a chase.
Happiness is the peace and tranquility
that puts a smile on your face!

Most people in this world are trying to be an ace, in the race of life. They get caught in the maze and life is over. The paradox of happiness shows us that somebody who wins the silver medal in the Olympics is crying because he missed the gold. But the one who wins the bronze is celebrating with excitement because he never expected to win at all. Happiness is an attitude, a response, a behavior. That's why the rich and famous are often unhappy and we see wealthy people sometimes committing suicide, just as we see people living in the slums dancing in the rain in joy. Happiness is not being an ace, but rather living with grace.

What is the True meaning of Yoga?
Is it an exercise of body and mind?
On searching you will realize the truth,
this is a myth, you will find.

In today's world, the term Yoga has become famous. All around the globe, people say that they are doing Yoga. Unfortunately, they don't even know the true meaning of Yoga. They are taught some physical exercises or *Asana.* They are taught some breathing techniques or *Pranayama.* This is not real Yoga! Yoga means 'Yuj' or union. It is the union of our Soul with the Divine. It's our life's ultimate goal. We must not be confused about it being related to the body and mind, which we are not. Yoga makes us realize we are the Soul and then it helps us to be liberated from this world to unite with Divine.

We Fear Death
because of the beyond
that is unknown and
the loss of all that is known.

Why do we fear death? It is because we fear that we will lose everything that belongs to us. We will lose our wealth, our property and our possessions. What creates more panic is the fear of the loss of all our loved ones. All our beautiful relationships will come to an end. This makes us paranoid and full of fear. To add to this, we fear death because we don't know what lies beyond it. The fear of the unknown that we will have to face after we die, makes us cry. But death is a reality. It is certain that we all have to die. We must learn to accept this reality and not fear death.

Our Mind is a little rascal.
It jumps from thought to thought.
Who we are and why we are here,
this important thing it forgot!

We pay a lot of attention to our mind. We think it is our most important treasure. We even go on to believe that we are the mind. But the truth is, the mind is a rascal. It stops us from the realization of the truth. It is the cause of our misery and suffering. It is like a monkey that is constantly jumping. It swings from thoughts of the past and makes us sink into the fear of the future. Most importantly, it stops us from the realization of the truth, from finding who we truly are and why we are here. We must transcend the mind. We must kill the little rascal with our intellect every time it pops its head up. Otherwise we will never realize the truth.

I am the Richest man in the world because I am the Happiest man in the world. Isn't Happiness the True Wealth of Life?

Who is the richest man in the world? Is he the one who has more money, more name and fame, more land and buildings, stocks and shares, gold and treasures? Such a person may have all the material wealth, but if such a person is unhappy, then in reality, he is bankrupt. True wealth belongs to those who possess the treasure of peace and joy. Even though they may not enjoy the pleasures or have the luxuries possessed by the so-called rich people, they are wealthier in this journey called life. Therefore, I consider myself the world's richest man, because I have the wealth of eternal peace and everlasting joy. I live a life of *Ananda,* in *Nirvana,* without any fear and worry. To me, this is the greatest wealth of life.

Science and Spirituality have no Synergy. But the one thing they both agree on is that we are Energy!

Over the centuries, science and spirituality have been at loggerheads. To most people, spirituality too seemed to be like a religion that believed in mythology, while science focused on proof, on matter that could be explained in a laboratory. Today, both science and spirituality agree that a human body is not what it appears to be. Although we are made up of over 30 trillion cells, each cell is nothing but energy. This is what *Sanatana Dharma*, the ancient Hindu Faith proclaimed thousands of years ago. Unfortunately, it got diluted with mythological stories, just as science went off on a tangent. With the Divine grace, today, both science and spirituality may disagree on many things, but there is one thing that they both agree on - we are nothing but energy. We are Divine energy!

I have eyes that can see,
but the eyes are not Me.
I have limbs that can walk,
but it's not Me who does the talk.
These are Mine, but not Me.
Who is this Me?

If the eyes were me, then if I lose them, it should end my existence. If the feet that walk were me, then without them I should be dead. Even without a mouth to talk, and ears to hear, I still continue to exist because I am not the physical body that I seem to be. I have a body, no doubt, but that is not me. I am not the one who you see as bone and skin. I am the one who is alive within. The moment I depart, this body returns to its original five elements as it disintegrates and turns to dust. I am the Divine Soul, the very life energy, the Power that exists in each of my 30 trillion cells.

I Prayed with tears when I Realized that I was not the one I thought I was for so many years! Now, I live without any Fears!

For over 40 years, I prayed with faith and devotion. I prayed with tears of entreaty, as I sought the God I loved. Then one day, my Spiritual Master, my Guru provoked me to go on a quest and I realized the truth. I always thought I was me, with my name, my identity, my possessions, my relationships, until suddenly, I had the realization. I was not the one I thought I was for 48 years. I was the *Atman,* the spirit, the Soul that lived within the physical body that I considered to be me. This realization transported me to a life of eternal bliss, a life without fear or worry, experiencing the Divine, everywhere and all the time.

What is the Soul... do you know?
Or is it still a mystery?
There are so many beliefs, so many myths,
that seem to fill our history.

The Soul gives us life. It is in every cell of our body. But unfortunately, we are lost in the myth. We have not realized the truth about the Soul. People talk of ‘good’ Souls and ‘bad’ Souls. People think that the Soul will be born again and again. This is not true. We think we *have* a Soul. We don't realize that we *are* the Soul. People wonder and are baffled reading mysteries about the Soul. They don't realize that at death, the Soul leaves every cell of our body, over 30 trillion cells, to merge with the Divine that is everywhere. To understand this, just fill a balloon with air and deflate it. Where does the air go? It merges with the air that is everywhere. So does the Soul.

I thought my Mind was king!
I thought it was everything!
Until one day, I searched for my Mind.
Where it was…I could not find!

Do you know where your nose is? Of course, you do! You also know where your brain is. You can see it on an X-ray or an MRI. But have you ever seen the mind? We think thoughts come from the head. But we also think when we see something with our eyes! Somebody tells us something, and it triggers a thought. Even if our toe touches something hot, a thought is born. Thoughts come from everywhere. In fact, we think up to 50 thoughts a minute. It is this bundle of thoughts that we consider to be our mind. In reality, the mind is an illusion. It has a subtle existence. Therefore, even if we try very hard to find it, where is the mind, we cannot find!

Success is not Happiness,
Happiness is Success.
Those who mix up the two,
end their Life in a Mess!

Most people spend their entire life chasing success. From the time we are in school, we are taught to come first in class, to win trophies in sports or bag literature shields. We are made to believe that we must be rich and famous because success is happiness. But if we look around, we will find that many rich people are living miserable lives. They may have name, and fame and all the wealth in the world, but their achievement doesn't make them happy. On the other hand, there are others who are not great achievers, but they live blissful and peaceful lives. They haven't spent their life running a race to be successful, because they have realized the simple truth, that success is not happiness. Happiness is success. The happiest people in the world are the richest people in the world!

Who made the Cosmos?
Who made the Earth?
Who Created us? Who decides our Birth?
There is a Power...A Power we call God!

We think we know God. We pray to a statue and believe it to be God. We bow down to a saint, not knowing that God is not just in the saint, but God manifests as everything on earth. Why do we live in ignorance, not realizing God? At first, we must realize the truth – we don't know who God is, where God is, what God is – but God is! This entire universe, we human beings, plants, animals, insects and the sea-world, didn't appear by magic. Somebody created it. Even if we believe scientists when they insist that all this was caused by a Big Bang, who caused the Big Bang? When we go in quest to find out who the Creator is who caused our birth, we realize that there is a Power - a Power we call God.

If the Past was
what we were meant to see,
then Behind, not in Front,
our Eyes would be.

The human body is designed magnificently. We breathe in oxygen that ultimately, with our lungs and heart, makes us live. We have also been given eyes to see. Why is it that eyes cannot see behind? Why did the Creator not give us two eyes at the back of our head so that we too could be like a mobile phone which has a camera on both sides? The Divine has a clear message for us. Don't look back – the past is gone, never to return! Look in front, look forward. Unfortunately, although there is a clear Divine message, our mind is always taking us back to the past. This makes us miserable. Let us resolve never to rehearse the past!

If we are Not the Body,
if we are Not the Mind,
then who are we?
This TRUTH we must FIND!

A small and rare fraction of humanity goes on a quest to realize the truth. They ask questions, 'What came first – the chicken or the egg? Did the seed come from the tree or the tree come from the seed? Our parents gave us birth, but where did our forefathers come from?' Such a quest leads us to investigate until we realize the truth. While we have no doubt that we are not the body and the mind, we also don't doubt that we exist. But then, who is the one who exists? Who is alive? Who is the one that powers the 30 trillion cells of the body? Who is the one that causes death when it departs? We are That – the life force, the *Atman*, the Spirit, the Soul.

If we have never served the poor...
If compassion has not entered our door...
If we have never ever been kind,
then we must know that we are blind.

Have you ever reached out to serve somebody? Have you ever put a smile on somebody else's face? Have you ever been kind? What do we realize when we live with compassion? We experience a deep sense of satisfaction and fulfilment. Why? It is because every living creature is a manifestation of the Divine. We don't realize it, but service to the poor is prayer to God. The Divine dwells in each heart, be it man or beast. Unfortunately, there are some people who are blind. They never grab an opportunity to be kind. They are prisoners of their own mind. They live and die in a material grind. When will we realize the Divine presence all around us?

The Mind acts like a magnet...
It gets stuck to the past.
It gets sucked into our yesterdays,
and our Joy and Peace does not last.

Why is it that our mind is always thinking about a yesterday that is gone? Why does our mind take us back to a past regret and make us nurse it, curse it and rehearse it? It is because our mind is like a magnet. It gets stuck to the past. By doing so, it steals our present moment. It robs us of the 'now'. We human beings want to be peaceful and blissful, but that can happen only if we live moment by moment. We must consciously be in the ‘now’. We have to stop this monkey mind from jumping to the past and getting stuck there. The past is gone. We can do nothing about it. Nobody in this world can change the past. Then, why waste time being there?

If we want to Realize the Truth, we must open our REAL EYES!

Each human being is blessed with nine doors - two doors that are our eyes that help us see, two ears to hear, two nostrils to breathe and smell, one mouth to eat and talk. Apart from these seven doors, we have an organ of excretion and an organ of procreation. All of our nine doors are looking outside. None of these doors is looking within. It is said that we must open the tenth door, a door that looks within if we want to realize the truth. We think we have eyes, but in reality, we are blind to the truth. The truth is within, but all the time, we look outside with all our senses and our mind. When will we open our 'real eyes' to realize the truth that is within?

*If you can just Live in the 'Now'
and Focus on this Moment with ease,
then Fear and Worry will disappear
as you Live with Joy and Peace!*

Why do people constantly worry, living in stress and anxiety? It is because we swing like a pendulum. One moment we swing to the past. We nurse our hurts, curse our hurts and rehearse our hurts. Then we swing to the future and live with fear. We forget to live in the 'now'. If only we learn to stop swinging and learn to live in the moment, in the 'now', we will discover true peace and joy. We must learn to silence our mind and take control of it through our intellect. We must discipline the mind and stop it from jumping like a monkey if we want to be truly peaceful and blissful, living in the present moment.

If you know everything,
but don't know who you are,
then what do you know?

We human beings think we know everything. We can make computers that can control the world and mobile phones that can do audio-video calls without wires. We can launch spacecrafts into outer space and submarines to go deep under water. Alas, we are so busy in the outer world, that we have no time to go within! We have not discovered the world of the Spirit. We have discovered everything else, but we have not discovered the truth of who we truly are. When will we stop this chase and go within to realize the truth? Of what use is it if we discover everything that is irrelevant and ignore the most relevant mystery – our own life?

A true Yogi lives in surrender,
he doesn't worry or fear.
He accepts the Divine will with joy,
and laughs with never a tear.

A *true* Yogi is not one who has a long beard, nor one whose hair flows down his shoulders. A *true* Yogi is one who lives in Yoga, in Divine Union. A *true* Yogi has nothing to fear. He accepts the Divine Will knowing that everything unfolds as per the Divine plan. He surrenders his life and lives like an instrument of the Divine, always connected in Yoga. Just like a good SIM card doesn't lose its network, the Yogi too remains ever-conscious of the truth that he is the Divine Soul, not the body or the mind. A Yogi lives in eternal bliss and everlasting peace. Nothing matters to him, except his connection with the Divine.

The Mind is a Rascal...
It makes me Think.
In Fear and Worry,
it makes me Sink.

We think our mind is very important. We think it is the king; it is everything. But the reality is exactly the opposite. The mind is a rascal. It bombards us with thoughts. It thinks up to 50 thoughts a minute. This can be up to 50,000 thoughts a day. It is enough for us to sink into an ocean of thoughts. Therefore, we must realize this truth by using the intellect. Most people consider the intellect to be a part of the mind. It is not! The mind produces thoughts. The intellect discriminates, discerns and helps us choose what is right. When the mind causes fear and worry, it is the intellect that must realize that F E A R is only False Expectations Appearing Real. We must learn to control the mind through the intellect.

Ignorance is Believing that Silence is Nothing. Wisdom is Knowing that Silence is Everything!

When we are silent, we think we are doing nothing. But this is not true. Why do we pay our security guard a salary to sit silently outside our house doing nothing? It is because in that silence, he can observe and catch the thief. We too need silence to observe a bigger thief – our own mind. Without silence, we will never be able to transcend the mind and the ego. We will never be able to overcome ignorance and realize the truth. Thus, the wise men of the world prescribe silence every day, preferably at the same time for us to reach that state of consciousness so that we can awaken our true self within. Without silence, we will just live and die in this world of illusions, in this world of desires and cravings.

Is God in a Temple? Is God in a Church?
Is God in a Monastery? Continue your Search...
When you get to the Root,
you will Realize the Truth!

Most of us pray to a God. But unfortunately, we don't know who God really is. We learn about God as we grow up and we believe in our religion. All religions are good. But they only teach us the basics. They help us start our journey. If we truly want to realize God, we must go on a quest, we must search for the truth, we must ask questions and then investigate until we finally realize God. True seekers first pass a phase called 'Self-realization' before they arrive at 'God-realization'. At the end of their search, they realize that God doesn't dwell in a temple, synagogue or church. God is within.

It is not I who will die,
at death only the body will not be.
Then the Mind and Ego that is 'ME',
must be liberated to be free.

We have misunderstood death. We think 'I' will die. But in reality, 'I' will never die. Only the body dies, and we see it return to dust. Most people realize that we are not the body. But they think that we are the ME – the Mind and the Ego. At death, the ME along with its Karma is reborn in a new body. But this too is an illusion. The ultimate goal of our life is to realize that we are neither the body, nor the Mind and Ego – ME. We are the Divine Soul. Our goal is to realize this truth. This realization will liberate the ME, our Mind and Ego at death. The ME will be liberated and it will unite with the Divine as it becomes free from the cycle of death and rebirth.

It is sad that instead of
Realizing God and losing the world,
we are realizing
the world and losing God.

Why do we human beings yearn to be rich? Why do we collect so much money, build so many homes, invest in so many assets? In our passion and our greed, we want more and more. Unfortunately, we don't realize that nothing belongs to us. In the end, all our efforts will be wasted. We fight, we even cheat to earn, only to finally leave everything behind. When will we realize that the ultimate goal of our life is to realize the truth, to realize the Divine within, not just to run a race and to be an ace? Let us not make money, wealth and possessions our goal. Let us reverse it and realize that we are the Divine Soul!

The NOW is Peaceful and Blissful,
but how easily we lose our Joy.
We slip into Yesterday and Tomorrow,
looking for another Toy!

Isn't it strange that the present moment can be peaceful and joyous? But we are never satisfied. We jump to a yesterday that is gone, and then to a tomorrow not yet born. It is sad that we lose the now, the present moment of joy, as we desire and crave for another toy. When will we stop this passionate craving and instead, live with peace? When will we learn to live life moment by moment, in bliss? The only thing that belongs to us is 'now', but because we keep swinging to the past and the future, we lose the present moment of joy. Let us resolve to live in the 'now', to live life moment by moment, peacefully and blissfully.

Whatever is our present, it is not magic.
It may be good, it may be tragic.
It depends on what we did in the past.
Karma will decide until when it will last!

Some people don't realize that life unfolds by systematic logic, not magic! Things don't just happen. Everything happens as per the Law of Cause and Effect. If something is happening, it is just an effect. There must be a cause. Comedy or tragedy doesn't happen by chance, just like apples don't grow on mango trees. As we sow, so shall we reap. So, if something unfortunate is happening in our life, it will last till we make good for what we did in the past. This is the Law of Karma operating on earth, the Law of the Boomerang, which states that what goes around, comes around. Remember, whatever you do will come back to you. It is not magic, it is logic!

It's just a Drama;
it's just a Show.
Nothing is real,
we Come and we Go.

Why do we people get so paranoid about life? We get angry, we fear, we fight, we cry. This is because we forget that life is like a dream and in the end, when we wake up, nothing matters. While we are able to accept a dream to be a dream, our mind does not permit us to realize that life is no better. We come on the earth stage with nothing. We grow up and play our part in this drama called life. In the end, we must go. We can't escape death and when we leave, nothing will belong to us. Our possessions and our relationships will not be ours. When will we realize this truth that life is just a cosmic drama? We come and we go! It's just a show.

Chicken or Egg, what came first on earth?
What was the one that first took birth?
If you get to the bottom of the Root,
you will realize the Divine Truth.

Have you ever pondered on this question? Most people think that it is a waste of time. Since time immemorial, people have not been able to find the answer. But those who go on a quest for the truth realize how the chicken and the egg, the tree, and the seed and the first man and woman on earth came about. All this and everything else on earth is a manifestation of the Divine. Though all these appear as individual, wondrous creations, the question can be demystified and answered by realizing that these are just effects, the cause is the Divine - just like a ring, a chain and a bracelet are effects, the cause is gold. Gold manifests as all these ornaments, just like the chicken, the egg, the tree, the seed, you and me, are all manifestations of the Divine.

What is Spiritual Bliss ?
It is learning to pluck your own roses, rather than waiting for others to bring you flowers.

A very few people are blessed to attain spiritual bliss. Most of us, instead, are attached to people which inevitably leads to heartache. This is because of our own expectations. We have a choice. We can pluck our own roses and create our own happiness. But unfortunately, we let our happiness depend on others. If we want spiritual bliss, we must have no expectations. We must learn to accept with gratitude whatever comes our way and not just crave and seek, because this will make us weak. We must not let somebody else be in the driver's seat of our life. We must take charge! Let us live a life of contentment and fulfilment. We must overcome the desires of the body and the mind, that make us puppets to our own expectations and result in our misery.

Life may be Painful, but Death is not. In fact, it Liberates us from Pain!

Isn't it strange, we think of death to be so painful and life to be so much fun? The truth is that the opposite is true! Life is painful. Every day that we live, we experience suffering of the body, misery of the mind and agony of the ego. Such is life and nobody can escape from *Dukkha,* or suffering. Most of us think life is fun and we fear death, when in reality, death liberates us from all misery and suffering. Because we are ignorant about the truth, we mix the two. Those who realize the truth, are not afraid of death. In fact, this realization makes us consider death as a bend, not the end. We can learn to celebrate death as we live fearlessly and face life and its battles.

The Past shouldn't rob the Present,
the Present is a Gift.
The Future shouldn't destroy this Moment,
this Moment is meant to be Lived!

Instead of living our life, we keep swinging like a pendulum. Our mind goes to a past memory, and then we cry and ask, 'Why did this happen?' No sooner than that misery is over, our mind jumps into the future, and makes us fear something that is imaginary. The mind is like a monkey. Its constant jumping to the future and the past doesn't let our joy and peace last. What belongs to us is the 'now'. It is called 'the present' because it is a gift. It is most unfortunate that we lose this gift of life. We lose the 'present', living in our yesterdays and in our tomorrows. Let us learn to live in today, in the 'now'.

Love doesn't happen in a flash...
Love doesn't happen by chance.
True Love is an eternal ecstasy
that makes our heart and Soul dance.

True Love is not what the world thinks it to be. *True Love is bliss,* it is not just a kiss. Those who think that love is all about hugs and hearts, romance and sex, have not understood the meaning of true love. Can a dead body love? Impossible! Shouldn't this make us realize that love comes from the Soul that departs at death. True Love manifests as the 7 colours of the rainbow. Violet love among family members, indigo love between friends, blue innocent romantic love, green self-love, yellow intellectual love, orange emotional love, and red erotic love. True Love is White Divine love that comes from the Soul and manifests as the 7 colours of love, just as white light from the Sun manifests as the rainbow, VIBGYOR.

Messengers of misery will knock at your door...worry, anger, fear and more. They will rob your happiness and take your smile away, if you let them enter even for a day.

We human beings become miserable so easily and then we wonder why. We open the door of our life and let toxic emotions enter. They come into our life as guests and stay with us forever. We must beware of opening the door to these emotions. Fear robs us of our peace, just as anger steals our joy. Worry takes away the present moment and we lose consciousness of the NOW. We must learn to shut the door tightly as we drive out all these negative emotions that are toxic and create poison. We must, instead, invite positive emotions like courage and confidence, faith and hope, love and compassion. Then our life will bloom with bliss, joy and peace.

My Ego is only my Identity;
my Ego is not 'Me'.
Because I live in Ignorance,
who 'I' truly am, I cannot see.

All the time, we say 'I'. Then we say, 'This house is mine; this car is mine.' Throughout life, we talk about 'my children, my parents'. Our life is all about this circle that is the ego. Because we think we are this ME - the Mind and Ego, this person with a name, a body, a mind, we live in darkness. We remain ignorant about the truth. A very few people are fortunate to overcome this ignorance as they are enlightened and live with the realization of the truth of who they are. Most of us are enslaved by ME – the Mind and Ego. We must go on a quest and contemplate 'Who am I?' Then we will realize the truth that we are the Divine Soul.

No need to suffer, no need to cry.
If only we Question and Find out
'Who am I?'...
We can be Blissful and Fly in the Sky.

We don't need to suffer through life. The reason we do is because we don't know the basics of our existence. We don't know who we are and why we are here. We just run and run till life is done. We cry because we don't ask the question, 'Who am I?' We think we are this body that experiences physical pain. We think we are this mind that worries and wanders. We think we are the ego and we get agonized, when in reality, we are none of these. The moment we realize the truth, 'Who am I', we will be free to fly in the sky. We will experience eternal joy, peace and bliss.

Not Men or Women, we are just Puppets that Dance! Everything is Programmed... Nothing happens by Chance!

We human beings live our entire life saying, 'I am Mr. Robert' or 'I am Mrs. Indira.' We are so encapsulated in ignorance that we don't realize that just like we are not the shirt we wear nor the shoe that protects our feet, we are not even the body that we think ourself to be. In reality, we are the Divine Soul. Because we are ignorant, we live like puppets in this drama called life, not realizing that everything unfolds as per a Cosmic Law. We think it is our luck, but we don't realize that nothing happens by chance. Whether we suffer or we dance, it is all as per a Divine plan and a Universal Law of Action and Reaction that unfolds every day of life.

Think of Today, not Tomorrow.
It's time to be Happy!
Don't live a life of Sorrow.
Find out those things that make you Glad,
and eliminate those that make you Sad.

Happiness is a choice. We can choose to be glad or sad. Unfortunately, instead of enjoying the present moment, our mind makes us jump into tomorrow. Tomorrow doesn't exist. If it did, you could go there. You can only visit tomorrow when it becomes today. Then, why live in tomorrow along with its fears, worries and anxiety? We can live in this moment with joy or we can slip into the future with fear. It is a choice. Because we don't control our mind, it robs our present and makes us sink into the miseries of the future. Today, be happy! Do things that will make you glad. Forget about yesterday, it's gone! Don't think about tomorrow, it's not yet born. Live Now! Be Happy Now!

Nothing is Real; it's a Cosmic Drama.
We are just Actors; we Come and we Go.
There will be Laughter; there will be Tears.
Such is the Cosmic Show.

We human beings think that this world is real. We don't realize that it's just like another drama. We are just actors who come on the earth stage. We must do our part and go. The earth is a humungous stage with 8 billion performers. Whatever happens, is unfolding as per the Law of Karma. But we have a choice how to act and create our destiny. Whether we laugh or we cry, let us not blame someone in the sky because whatever we do, comes back to us. Ultimately, every show will end just as actors have to go off the ‘stage’ after the act. Our ultimate goal is not to be lost in the drama but to realize we are the Divine Soul; to live as observers and to be liberated from returning to this earth stage.

The Earth goes around...
Who makes it go?
It's a Cosmic Power
that is managing the Show!

Have you ever thought what makes the earth go round? What causes an apple, when thrown up, to be pulled back to the ground? It is the Law of Cycles and the Law of Gravity respectively. Several such Universal Laws preserve the world as the sun rises each morning and life goes on. Another Universal Law is the Law of Action and Reaction, the Law of Karma which states 'As you sow, so shall you reap.' Unlike popular belief, God is not sitting in a distant heaven and passing orders for what should happen on earth. While there are many Universal Laws, what we must understand is, that there is a Divine Power that has created these Universal Laws. We may call this Power 'God', and God is beyond human comprehension.

Our Life is like a Movie,
But we don't Realize this Truth.
When the Projection is over,
the Screen we See...
We overcome the Myth.

We human beings think that our life on earth is real, when in reality, it's just like a movie. Do we consider a movie to be real? Of course not. We know it's just a projection on the screen, but we do not realize the screen. That is the reality of our life - the fact that we are a manifestation of the Divine. When we realize that we are Divine Energy, then the entire life that we are living becomes no better than a movie. It is just a projection; it is not real. The reality is the screen, the Divine that we truly are.

True Love is Bliss, not just a Kiss. Discover what True Love is!

The whole world talks of love but it doesn't understand the meaning of True love. True Love is Divine; it is universal. It is not just hugs, kisses and romance. In the ancient days the Sufis used to call it *Ishq Haqiqi* and the Greeks used to call it *Agape*. They differentiated it from *Eros* - erotic love or *Ishq Majazi,* which is infatuation and physical attraction. The joy this love creates is momentary. True Love is eternal bliss. Very few people are lucky to discover True Love that comes from the Soul and manifests as the 7 colors of the rainbow. Just like the pure white light from the sun creates a rainbow when it strikes droplets of water, our Soul creates a fountain of Divine Love that exists right from the time we are born till we die.

Man has invented Google,
through which anything you can find,
but have YOU ever wondered,
who Created the Mind?

We are in awe of Google, Facebook and YouTube, and we continue to be zapped by the brilliance of the mind. But have we ever stopped to wonder who created the mind? Sure, we can find anything on Google, but can we find where the mind is? We are so busy browsing the internet that before we realize it, we get to the end of life. We award the brain that made the train and the plane, but we don't bow down to the one who made the brain! Today, stop and Google a different search – a search about who you are, and why you are here. This search is the most important quest of your life and Google won’t give you the answer. You may need to go on a quest for the answers.

A Fear is not a danger.
There is a difference in these two.
A danger can attack us,
but Fear just makes us feel blue.

What is the difference between fear and danger? A danger is real, whereas fear is not. Suppose, we are in the middle of a forest and we see a tiger. What must we do? We human beings are blessed with the instinct of fear, and we use this emotion to run and save ourselves from real danger. But suppose, we are taking a shower, and a lizard comes close to us. We make a big racket and run out of the shower in fear! This is foolishness. We must differentiate between the two and not let our fear make us afraid. Let us use our instinct of fear to protect us from real danger. If we don't, we will unnecessarily continue to panic and make our life a mess.

How can I be the Body?
It dissolves to dust.
And a Mind that is invisible,
I cannot trust.

Who am I? We think we are this body and mind, but for sure, we are neither of the two. Of course, we have a body. It all starts when two cells merge to become a zygote. Then the zygote grows into an embryo and finally, is delivered on earth. But one day, the body dies. We exist in this body, but we don't realize that we are not this ever-changing body. Some of us think we are the mind. That's why we say, ‘I am worried’ or ‘I fear.’ It is the mind, along with the ego, that makes us believe we are ME – the Mind and Ego. If we go on a quest to find the mind, where it is, we cannot find. We must go on a quest to realize the truth of who we are.

We can do very little with religion... But we can do nothing without it!

While we understand that religion is only a kindergarten to spirituality, while we know that with religion, we can never realize God, we should not believe that religion is insignificant. While we can do little with it, we can do nothing without it. We need religion to progress on our journey of spirituality. We need religion to teach us that God exists. It is religion that helps us believe in God, to live with faith, hope, trust and enthusiasm. However, if we only stick to our religion, and don't go beyond to the university of spirituality, we will never realize God. Religion makes us go round and round in circles in our belief in God, and eventually we die. Spirituality makes us go within to realize God and become one with God.

I watch my body.
I watch my mind.
But who is this 'I'?
This Truth I must find.

Don't we say, 'This is my hand' or 'These are my eyes'? Is it the mind that says this? But we also say, 'My mind is wandering.' Who in reality is this 'I'? Every day, we hear someone introducing himself as, 'Hi, I am Robert.' But Robert is just his name. This identity was given to him after his birth. One day, Robert will die. Then we will say, 'This is not Robert. These are his mortal remains. Robert passed away. He expired, he departed.' Who in reality is the one who said, 'I am Robert'? Who passed away? This is our ultimate goal, to realize we are not the body, not the mind. We are the Divine Soul.

Who, Where, What is God?
Don't question...just have Faith.
Try to realize the Truth,
then you will reach Heaven's gate!

If we want to reach the ultimate destination, if we want to go to so-called 'heaven', a place of eternal peace and bliss, there is only one way. It is God-realization that comes with Self-realization. Unless we replace our doubt with faith, we will continue arguing, and before we realize it, our life will be over. Can we escape death? We can't! But we have an opportunity to realize the truth before we die. We can go on a quest, achieve a state of Enlightenment, then be Liberated and unite with the Divine. Either we can trust in the Divine or rust in this world of pleasures. Let us stop. Let us go in quest of the Divine. Then, true peace we will find!

Accept rather than Wonder,
replace Hope with Surrender.
Then Regret will be a thing of the Past,
then Fear and Anxiety will not Last.

Some people don't accept whatever happens. Instead, they wonder why it happened, just as there are people who keep on hoping and wishing for things to happen, rather than living a life of surrender. What happens when you keep on living such a life? Your life is constantly filled with stress and worry. The mind questions everything that happens, when in reality, we have no control on the unfolding of circumstances in life. Then, the mind makes us worry and fear, as it is anxious about the future and keeps on hoping for things to happen. Can we control whatever is going to happen in life? While we can do our best, and try to win every test, we have to learn to surrender the rest to the Divine will that unfolds, which will be based on our Karma, our past actions.

Your Life of Today is the unfolding of your actions of Yesterday, and will determine the Destiny of Tomorrow.

How does this universe operate? It is very simple. Whatever we do is like a seed we are planting. It will bear fruit tomorrow. Most people don't find it a challenge to accept this because like the Law of Gravity, it seems to be another universally operating law. However, people find it difficult to understand that whatever is happening in our life today, is caused by our past actions – what we did yesterday or last year, or perhaps, many years back. It may also be something that we did in our previous life that is unfolding today. Such is the law. So, when something bad happens, accept the truth and redeem your past actions. In fact, celebrate that you have deleted your sins. Now, you can choose your current actions, that will create a new destiny.

We are searching for life in the stars,
but we haven't studied the flowers.
While life is in you and me right here,
we are looking for it on Mars!

Isn't it strange that we human beings, our brilliant scientists and astronauts are busy going into outer space to find life? We are trying to decode the mystery of creation in orbit that carries the cosmos. While it is good to investigate what lies on the Moon and on Mars, when will we stop to look within? When will we ponder on life that manifests all around us? When will we realize the Divine that manifests in the Sun, the Moon, the stars, the birds, the animals and the flowers? When will we stop looking outside and start looking within to realize God? When will we stop searching on Mars and in the stars for a Power that exists everywhere on earth?

We can just Choose to Live and Die, or we can go on a Quest to Realize the Truth 'Who Am I'!

We have a choice. We can exist till our life is over, or we can go on a mission to realize the truth of who we truly are and what our purpose of life on earth is. Why are we given this human birth? Most of us are so busy with life that we don't understand what it is. We just live and die. We don't even stop to ponder what happens after death, where did we come from, where we will go. Very few people go on a quest. Among them, there are a rare few who realize the truth and find eternal peace and everlasting joy. The rest, who don't bother to go on a quest, they just exist. They crave, till ultimately, they reach their grave. Can we discover the purpose of our life after we die? Since we can't, let's do it now!

Why do we shuttle between Joy and Sorrow? Why do we jump from yesterday to tomorrow?

Because of our ignorance, we human beings live, we cry, and we die. Have you ever thought why? It is because of this constant shuttling to the past that is gone and then to a future not yet born. In this swinging to yesterday, then tomorrow and back to yesterday again, we experience moments of joy and sorrow. We don't realize that true happiness is in the present moment, in the 'now'. We search for happiness in the wrong places. Soon, life will escape us. It's time to stop and live on the island of today, enjoying the ocean of bliss that surrounds us. Let us stop this shuttling with the monkey that is our own mind.

When we make what
doesn't matter, matter...
Then misery, stress and worry
is all that we gather.

All through life, we try to gather things that ultimately won't matter. We are so busy accumulating wealth for some future use, and then finally, we die. We earn and earn, only for others to burn what we earn. In the process, we create so much stress and anxiety. We don't realize that in the bargain, we lose the gift that is life itself. Why don't we realize that we come with nothing and we go with nothing? Why keep on gathering things? Instead, should we not start living? We human beings are imprisoned by our own mind. When will we be liberated and truly live? When will we overcome our ignorance and live with true joy and bliss?

Just like a conductor is required
to orchestrate a band,
to Realize God, we need a
Spiritual Master to hold our hand.

Can a good orchestra ever happen without a good conductor? While we all realize this, and we strive to find the best teachers in school, the best consultants in our business, the best doctors to advise us on our surgery, we forget to find an expert to guide us in our life. Our life is our most important treasure, but instead of realizing the truth about life, we just exist till we die. We think we live, but in reality, we don't. We do not find the true meaning and purpose of life. We do not achieve our ultimate goal – to realize we are the Soul. For this we need a Spiritual Master, a Mentor, a Coach, a Guru who will take us from 'Gu' to 'Ru' - darkness to light.

When we Crave, we become a Slave!

What happens when we human beings desire? We create a fire, a passion and we seek what we want. What we don't realize is that we imprison ourselves in cages of misery and sorrow. We become a slave to our own cravings because these create disappointments. We do not need to do this, but we choose to. This is because we believe that achievements will give fulfilment. Instead of being content with our need, we let greed take command of our life. We continue to crave, we become a slave and we go to our grave. When will we be brave enough to destroy the desires of our mind? When will we learn to live in peace and joy? Only then, we will enjoy freedom from disappointments and discouragements that come from defeats.

Life is not a Race to Chase, but we realize it only when Death comes face-to-face.

Most of us live life as if it is a race. Every morning we wake up and we start the chase. We compare ourselves to others as we aim to become an ace. The result is we get caught in a maze. When we come face to face with death, then we realize the true meaning of life. We realize we are not going to be here forever. We realize that nothing belongs to us. Only if we contemplate death, we will get out of this race and live with grace. Stop! Don't continue to be in the maze of life. Otherwise, death will arrive and we won’t be ready to face it. Don't lose life just running and running till you reach your grave.

While the world thinks that
Happiness is our Goal,
the Truth is this...
To Find God in our Soul!

Most people think that our ultimate goal is to be happy. All through life, we seek pleasures and run away from pain. Then we pursue success because we believe our goal is achievement. We forget that achievements will never make us happy. Such is the paradox of success. A few of us are fortunate. We take an exit on the highway of success and live a life of contentment and fulfilment. But even this is not our goal. Our ultimate goal is to realize we are the Divine Soul. When we realize the truth, we overcome ignorance, and we reach the ultimate peak of Enlightenment. Then we are liberated from all misery and sorrow. This is the ultimate goal of human life!

When I Die...
Please don't Cry!
For I will be in Union
with my Lord in the Sky.

Why do we cry when we see somebody die? It is because we are ignorant about the truth of death, that death is not the end. It is only a bend for a person to transcend to a life beyond. It is not the end of the show, just the end of one act of the drama called life. Only the body dies. But the one who was alive moves on either to live a new life or to be liberated and to unite with the Divine. If we think ourselves to be the ME – the Mind and Ego, then we will carry our Karma, our past actions and return in a new birth. But, if we realize we are the Divine Soul, then when we die, we will be liberated, and we will be united with the Divine.

Fear is of different types.
We start with it in school.
We Fear loss of Love as we grow,
and our Fear makes us a Fool.

Throughout life, fear fools us. Even when there is no real danger, fear makes us perceive it. Fear makes us think that there is real danger. As long as we don't realize the difference between an imaginary fear and a real danger, we will continue to live in panic and create misery for ourselves. Why fear? Whatever will be, will be. We must do our best, and then leave the rest to unfold. When we live in fear, we stop ourselves from doing our best as fear releases negative toxins that poison the energy within. We must destroy fear before fear destroys our life. We develop fear as we grow, but the biggest challenge is that we must grow out of it before it destroys us.

Why do bad things happen to good people? Why does suffering come to the weak and feeble? Misery doesn't come to us simply... Whatever fruit we plant will grow on the tree.

There is a Universal Law that states, 'As you sow, so shall you reap.' It is the Law of the Boomerang: what goes around comes around. Still, we human beings stop and question, 'Why bad things happen to good people?' We don't realize that bad things can't happen to good people, just as apples can't grow on a mango tree. While we understand the latter, we are unable to understand why bad things seem to happen to seemingly good people. It is because we don't realize that whatever is happening is unfolding as per the past actions of the one who is experiencing it. It may not be actions of this life; it can be our past Karma, the Karma of a past life. This Universal Law doesn't make a mistake. What we do is what we get.

*Religion is just a kindergarten.
It teaches the ABC of God.
We must graduate in the
university of Spirituality,
if we want to realize our Lord.*

Most of us live through our life in the kindergarten of religion. We are sincere and devoted to our God, but we blindly follow rituals and go round and round in circles. While all religions are good, and we don't need to change our religion, if we truly love God, we must go beyond religion. We must go beyond kindergarten to graduate in the university of spirituality. We must realize that our own Spirit, our Soul is none other than the Divine. God is not a statue or a saint. As kids, we may believe this, but we must evolve as we grow and go beyond this. We must realize that God is a Power that is within. Our ultimate goal is to realize this truth and to be liberated and unite with the Divine.

Of course, the Soul exists!
There's no doubt! It is the energy that
makes us walk and shout.
It is that life energy that gives us breath.
Without the Soul, there would be death!

Have you ever stopped to think, what is the Soul? You probably think you *have* a Soul, but you don't realize you *are* the Soul. You are not the body that you seem to be. Nor are you the mind and ego that says, 'It is ME.' You are the Divine Soul and to realize this is your ultimate goal. The Soul is the energy that causes our birth. It makes us walk and talk on earth, but one day when the Soul is gone, life is over. Then there is death, as we have no breath because the Soul has left. Be conscious of the Soul within and you will experience eternal bliss.

In the Wind that Blows, the Water that Flows, the Sun that Glows, Feel God, Experience God, Realize God!

We all want God. But we go in search of God to temples, monastries and churches. God doesn't live there. God is all around us. Everything beautiful is a manifestation of the Divine. The butterfly and the bee, the fruit on the tree, the waves in the sea, you and me, we are all God appearing as His creations. Unfortunately, we are not able to realize God. How do we realize God? First, we must feel and experience God in the wind that blows, the water that flows and in the Sun that glows. Then we must go further, in quest of God, till we realize everything is God. There is nothing in this world other than God.

Those who are diseased by Fear,
are sure to be deceased by it.

Fear is not a real danger. FEAR is 'False Expectation Appearing Real'. But this disease called FEAR can destroy us. By itself, fear can do nothing. But when it becomes a phobia, it makes our body and mind weak with negative poison. Ultimately, it destroys us. Fear, psychologically, creates the disease within, when there is none. We program our mind to repeatedly fear and we ourselves create a danger out of an imaginary fear. Even if one doesn't have a disease, but constantly fears it, our body can develop such a disease and die. Beware of fear. Kill fear before fear kills you! Remember! The fear of a disease can kill more people than the disease itself!

We all want Pleasure,
we don't want Pain...
If we don't realize 'Who we are',
we will suffer again and again.

Why do we suffer? Why do we experience misery all the time? Despite seeking happiness, why is it so elusive? This is because we think we are the body and we look for physical pleasures. We believe we are the mind and look for emotional fulfilment. Because we think we are the ego, we try to accumulate wealth and consider not just these possessions, but also people to be 'mine'. We live in fear of losing them and we suffer. We are ignorant that we are the Divine Soul and thus continue to experience this triple suffering again and again. If we want to be truly happy, we must realize the truth of who we are. Then we will be liberated from suffering.

We all can't find the Heavenly Master,
It all depends on His grace.
A few of us are lucky…
We finally see His face.

Everybody wants God. But nobody finds God. Most of humanity prays very hard. Out of devotion, people search for their God in a temple and in the church. They live and they die, but their thirst is not quenched. Why? Because to realize God, we need the Master's grace. God is everywhere, in everything. But we are trying to look for His face. We are looking for a God with a name and form. We pray to a God with bone and skin. How will we realize the God that is within? If we truly love God, instead of desiring and craving the world, we should seek God and only God. Chances are, we will be blessed to realize God. Those who realize God, feel the Divine presence all the time. They experience God in everything beautiful. They become one with God.

There is a factor unknown to man...
That makes results fail,
though he thinks he can.
He tries his best with all his zest...
But in the end, he fails the test.

Man is ignorant about the 4th factor that controls the results of all his actions. Man believes that there are 3 factors that are responsible for whatever happens. What are these 3 factors? It is his own ability or efforts, the quality of his instrument or equipment and the way he performs the action. Although, man controls these 3 factors, he is unable to control the results of his actions. Finally, he realizes that there is an another factor. Despite our best efforts and the best equipment, why is it that sometimes things don't happen the way we expect them to? Because there exists a 4th factor. This Cosmic Divine factor can make the possible impossible. Unless man realizes the presence of the 4th factor, man will never be able to live blissfully and peacefully in Divine surrender and acceptance.

Death is a doorway to God. We celebrate Life and mourn Death... Shouldn't we reverse it?

Why do we fear death? Because we are ignorant about what death is. We mourn death because of the loss of all that is known, our treasures and our beautiful relationships. We also dread death because of the fear of the unknown, what lies beyond death. But those who contemplate, realize that death is only of the body. We all must experience it. But the one who is alive inside is the Soul. If we are fortunate to realize this truth, death will liberate us and unite us with the Divine. Otherwise, our Mind and Ego – ME, will carry our Karma, our past actions to take another birth on earth. This will happen again and again and we will ultimately suffer. But for those who realize the truth about death, it is liberation and true celebration!

About the Author

AiR – *Atman* in Ravi, is an Embodied Soul whose only mission in life is to 'Help People Realize the Truth'. He was born in Bangalore on October 15, 1966. At a very young age, Ravi V. Melwani mastered the craft of business and became a very successful businessman who revolutionized retailing in India with the stores KidsKemp, Big KidsKemp, and Kemp Fort. After making millions, he realized that life is not just about making money. He shut down his business at the age of 40 and started making a difference doing H.I.S. work – Humanitarian, Inspirational and Spiritual work.



As a part of the Humanitarian initiative 3 charitable homes were set up to provide free medical treatment and care to the poor, destitute, and needy. Today, over 600 suffering

homeless people who are picked up from the streets are served and cared for in 3 destitute homes and provided with free shelter, food, clothing, and medical care. AiR built a Shiva Temple, in the year 1995 in Bangalore, which is now known as the Shivoham Shiva Temple. AiR now believes that religion is just a kindergarten of Spirituality, and people should go beyond religion to truly realize God.

One day, his Guru provoked him to introspect and find answers to the following questions: Who am I? What is the purpose of my life? Is life just meant to seek pleasures and to live and die without any purpose? What happens after death? Will I be reborn? Who is God? Where is God? What is God? What is the Soul? Where are heaven and hell? What is Enlightenment? Several questions like these took him on a quest, a search for the Truth. He gave up his life of Achievement and Fulfilment in search of the final peak of life: Enlightenment.

After a few years of intense search in retreat, deep in the mountains, he realized that we are not this body. We are the Soul, the *Atman*. He changed his name to AiR – *Atman* in Ravi. He metamorphosed to AiR and gave up his entire life as Ravi V. Melwani and started living as an instrument of God doing His Divine Will. This led to several Realizations

that formed his new mission of life – to Help People Realize the Truth.

Since then, AiR's life has been dedicated to reaching out and helping people to eradicate the ignorance that they live in. Based on his realizations, AiR has published over 32 books, composed and sung about 1112 bhajans, written several blogs, quotes, and poems. He has taken up various other initiatives that can lead people towards the Truth like conducting AiR Spiritual Retreats and giving talks that help people evolve on their spiritual journey. He is a TEDx speaker and is also invited to speak at several organizations like YPO (Young Presidents' Organization), Rotary Club, Lions Club, and at many corporates, schools, and colleges. He conducts webinars every week on Zoom and Facebook Live to help people realize the ultimate purpose of their life.

AiR has realized the Truth that we are not the body, the mind, or the ego; we are the Divine Soul. And to realize this is our ultimate goal. He lives his life with just one mission – to help people Ask, Investigate, and Realize the Truth. Being blessed with everything, he seeks nothing except to fulfil this mission of life.

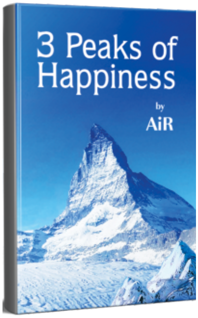
BOOKS BY THE AUTHOR

1. Talaash



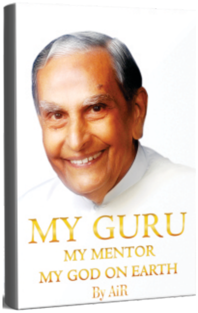
Talaash means 'search' or a 'quest'. This book by AiR recounts his own spiritual quest for the Ultimate Truth that led him to the realization that we are neither the body nor the mind, but the Divine Soul.

2. 3 Peaks of Happiness



This book talks about the universal quest of humanity—Happiness. It explains the ways through which people can reach the third peak of happiness—Enlightenment which lies beyond the two peaks of happiness—Achievement and Fulfilment. The third peak liberates us from the prisons of misery and sorrow and gives us eternal Joy and Bliss.

3. My Guru, My Mentor, My God on Earth



This book is AiR's tribute to his Guru, Dada J.P. Vaswani. AiR shares his experiences with Dada and how Dada's philosophy and teachings were instrumental in guiding him to

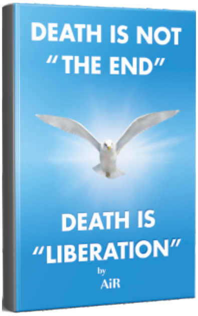
begin his spiritual quest and bringing about the transformation in him.

4. I will Never Die, Death is Not "The End"



In the journey of his life, AiR realized many truths. One of the truths is a revelation—we never die; Death is not the end but a bend to transcend. The body will die, but the one who lives in the body never dies.

5. Death is Not "The End." Death is "Liberation"

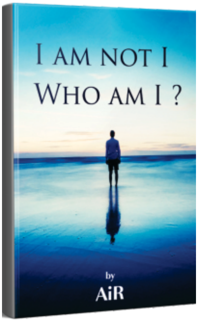


The second book by AiR in the series of books on 'Death' touches upon the secret of *Kathopanishad* which talks about what happens after death. One of the two things can happen: if we think we are the Body and Mind as a doer, we are reborn, but if we realize that we are the Soul and not the body and mind, we are liberated to eternal joy and peace.

6. I Am Not I. Who am I?

This is an insightful book by AiR which talks of his quest and realization that we are not who we think we are. We

have a house but we are not the house. We have a car but we are not the car. Similarly, we have a body but we are not the body. Then, who are we?



7. The Mind is a Rascal

Can you believe that the mind is a rascal? You always thought that the mind is king—it is everything. But just try this. Sit quietly for an hour, and try to find the mind. Where is it? You will realize that the mind doesn't exist. This amazing book by AiR will teach us that the mind is our enemy. It is the one that makes us suffer. It is time to find the rascal and kill it. How do we do this—is revealed in the book.

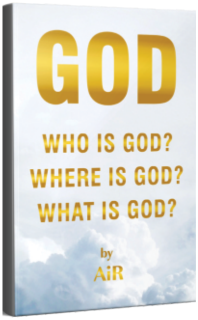


8. A Cosmic Drama

This book challenges the reader to explore the illusory nature of this world—whatever is happening in life is not real; it is nothing but a Cosmic Drama. If we understand this simple truth, we can enjoy the show called life.

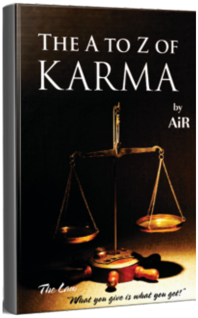


9. Who is God? Where is God? What is God?



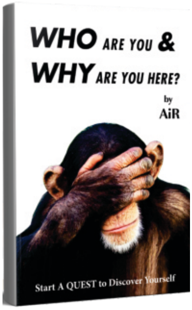
Well, this might seem to be a simple set of questions but nobody really knows the answers. We all know that God exists. We pray to a God as per our Religion but what is the Truth about God? Has anybody seen God? Where is God? This simple book will change your perception and belief about God and bring you closer to the Power called God. It will help you realize God.

10. The A to Z of Karma



Most people are aware of the concept of Karma – the Universal Law that states, "What you give is what you get." But not everybody knows the A to Z of Karma that we can actually transcend Karma, escape from it and achieve Liberation or Moksha. This book reveals the secret of eternal Joy and Peace—a life without any misery or suffering.

11. Who Are You and Why are You Here?



This is a simple book that prompts us to ask the right questions to discover the secret of our

life—who we are in reality and what the purpose of our life is. The answers to these questions hold the key to a purposeful, meaningful and blissful life.

12. The 4th Factor

Man thinks that his Karma controls everything and he can achieve anything through his efforts, equipment, and the method of his actions. But he is ignorant about something which is more powerful than Karma—the 4th factor. This is an informative book that makes the readers understand why things happen the way they happen and even if ten people use the same equipment and perform the same action, still, they never produce the same results, because apart from their own action, each person seems to be graced with another factor—the 4th factor that is beyond human comprehension and without its consent even the possible becomes impossible.



13. Be Happy in the NOW!

Every human being on earth wants to be happy. There is nobody who enjoys pain. People want to achieve Happiness but they fail to realize that



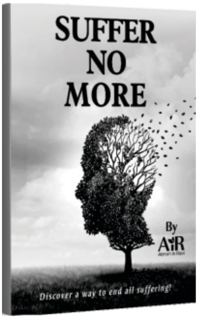
Happiness is the journey itself, not the destination. Then, what is the secret of eternal Joy, Bliss, and Peace? It is being Happy in the NOW. With this book, AiR hopes to inspire people to live life moment by moment, if they really want to be Happy.

14. Questions You Must Answer before you Die!



Most of us live and die but we don't ask the question—Why? We just exist! This book presents a series of important questions with answers that can guide us to the realization of the Truth and help us live with meaning, purpose, and joy.

15. Suffer No More



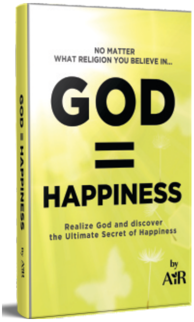
'Suffer No More' is a personal experience of overcoming anguish, anxiety, distress, and grief. It is an analysis of suffering, what causes it and how we can overcome it. While there is pain, we can do away with suffering. This book will tell us how!

16. Success is not Happiness, Happiness is Success



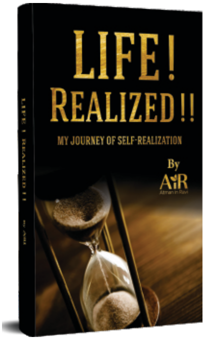
People want to win because this makes them Happy, just as failure makes them miserable. This book explains how success does not bring happiness and how this belief is only an illusion. In fact, instead of chasing success, we should try to be happy! That is true success.

17. God = Happiness



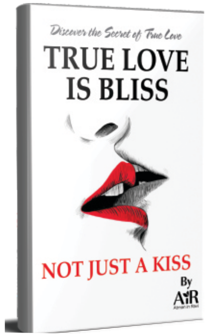
In his quest to discover Truth and the purpose of life, the author realized that people didn't know where exactly to search for Happiness. This is a book that takes us far beyond religion to Realize the Truth about God and how God is Happiness.

18. Life! Realized!!



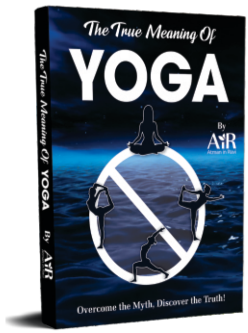
This book is a personal reflection of the author on his several realizations about everything that matters in the journey of life— the realizations that he attained while on his quest for the Truth.

19. True Love is Bliss…Not Just a Kiss



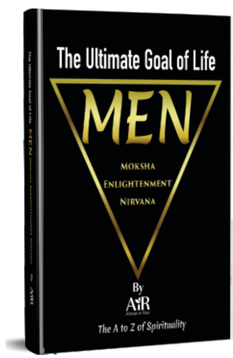
It is sad that love which is the source of joy and happiness is not understood by the world. This book is an attempt to explore True Love that is beyond passion, romance, and kisses. True Love is White Divine Love from the Soul that manifests as the 7 colours of human love from the day we are born till the day we die.

20. True Meaning of Yoga



Yoga, today, is primarily taught as a set of body postures and breathing exercises. But this is not true Yoga! Yoga, in reality, is a Union with the Divine. This book attempts to explain everything about Yoga, its meaning and significance, how it must be practised and how through Yoga, one can be liberated and experience Ultimate Divine Peace and Bliss.

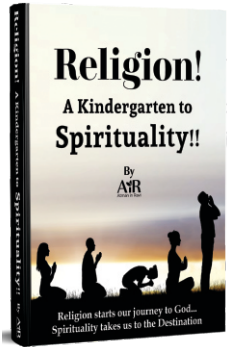
21. The Ultimate Goal of Life, MEN – Moksha, Enlightenment, Nirvana



The three most tenable concepts—Moksha, Enlightenment, Nirvana are discussed in this

book that can help us reach our Ultimate Goal of Liberation and then Unification with the Divine.

22. Religion! A Kindergarten to Spirituality!!



This book discusses how Religion is only the first step towards God-Realization. We do not realize that Religion is only a Kindergarten, of which Spirituality is the University, and together they can lead us to God-realization.

23. Why Bad Things Can't Happen to Good People!

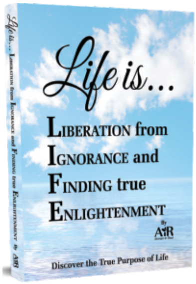


This book helps us understand that this world has been created by the Divine and it operates through certain Universal Laws that need no intervention by the Creator. Bad things can never happen to good people, just as apples can't grow on mango trees!

24. LIFE is...Liberation from Ignorance and Finding true Enlightenment

What is Life all about? Most people exist but they don't

truly live. They just zoom from womb to tomb, and then life is over. They don't stop to think about their life's true purpose. In the pursuit of happiness, success, and achievement, people don't realize that though they may gain a lot of these, they lose their most precious gift—life itself.



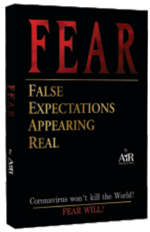
25. The Ladder to Heaven

While we pray to God calling God by different names, the vast majority of humanity believes in God and aspires to go to their God in heaven one day. It doesn't matter what our religion is, there is a way to reach God. There is a Ladder that can take us to heaven but we need to ascend the rungs of belief, prayer, faith, hope, trust and so on. This book is an effort to help genuine seekers of God to climb the Ladder to Heaven. It shows a step by step way to God-realization as we pass through self-realization, overcoming the ignorance that we live in.



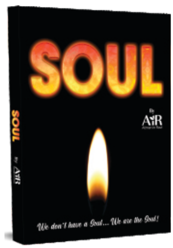
26. FEAR- False Expectations Appearing Real

Through this book, the author wishes to help people



change their paradigm and live with courage—that they should take appropriate precautions and not panic. The world has changed because of Coronavirus! But it's up to us to live with FEAR or to live with FAITH. There is a difference between Fear and Danger but most of humanity lives with the constant fear of disease and death. For the first time ever, all the countries of the world have closed their borders and shut down their economies. Facts confirm that when compared to the Spanish flu, it is not as fatal a pandemic as the world thinks it to be. This book F E A R, will help readers overcome these tough times of the global pandemic.

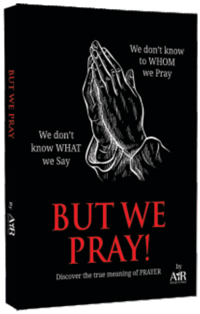
27. Soul – We don't have a Soul… we are the Soul!



The Soul is mysterious. We are alive because of our Soul. But what exactly is the Soul? Where does it come from and where does it go? We cannot see the Soul, but we all believe that we have one. People talk about 'good' or 'bad' Souls, ghosts—spirits of the dead, heaven—hell, and the reincarnation of the 'Souls'. This book will help the genuine seekers of the truth to do some Soul searching and discover the ultimate truth about our most important aspect—our

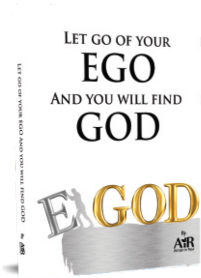
very own Soul. We will realize that we don't have a Soul…we are the Soul!

28. But we Pray!



The whole world prays to God. Every religion claims that their God is the real God and their prayer is the most effective form of prayer. Unfortunately, we don't even know the God we pray to, nor do we understand what we say in prayer. This book will make us conscious of what we say when we pray. It will help us know the God we pray to and build a Divine connection through prayer.

29. Let Go of the Ego and you will find God



Are you seeking God? There is a way to find God. All you have to do is to let go of your Ego. Our biggest enemy, ME, the Mind and Ego, envelops us in ignorance and we go round and round in circles without discovering God within. This book will transform your life. It will show you the way to God just as it will guide you on how to let go of your Ego. It will open the door to eternal

peace and everlasting joy. If only you let go of your Ego, you will move from Self-realization to God-realization and will realize God within.

And Now...

30. A 100 Diamond Quotes

Coming Soon...

31. Life Manual - How to live life?

If you have any questions on happiness, suffering, success, life, rebirth, liberation or anything related to spirituality, you can visit Ask AiR, ask your questions and AiR will answer them.

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by

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